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** The Smoothie Central Recipes**
<http://www.quiknet.com/~mpenwell/smoothie.html>

APPLE COCONUT SMOOTHIE

1/4 cup apple juice
1 pinch grated coconut or 1 T. coconut milk
1/2 banana
1/4 teaspoon fresh ginger root peeled
2 small ice cubes

Put all ingredients into blender.
Blend until smoothie consistency is reached!

Nutritional Information:
Serves 1, per serving:
Fat: 0 g
Calories: about 100 (very rough estimate)

APRICOT-NECTARINE SMOOTHIE

1/2 nectarine
1 apricot
6 oz. light (reduced sugar) fat-free peach yogurt, frozen
(This is one container of Yoplait)
4 oz. Crystal Light or other sugar-free lemonade

Put all ingredients into blender.
Blend until smoothie consistency is reached!

Nutritional Information:
Serves 2, per serving:
Fat: 0 g
Calories: about 70

APRICOT MANGO SMOOTHIE

6 oz. light (reduced sugar) fat-free Apricot-Mango yogurt
1 cup. Crystal Light lemonade
1/2 banana
5-6 canned apricot halves
Optional additives for increased nutrition

Put all ingredients into blender.
Blend well until smoothie consistency is reached!

Nutritional Information:
Serves 2, per serving:
Fat: .5
Calories: 180

ARTIC FOREST SMOOTHIE

1 peach, frozen
10 blueberries, frozen
1 cup light (reduced sugar) fat-free vanilla yogurt, frozen
1/2 cup 1% milk
1/2 T. crushed pecan
1/2 tsp salt
1/4 tsp vanilla extract

Put all ingredients into blender.
Blend until smoothie consistency is reached!

Nutritional Information:
Serves 1, per serving:
Fat: 2 g
Calories: about 250

BLUEBERRY SMOOTHIE

6 oz. light (reduced sugar) fat-free blueberry yogurt, frozen
(This is one container of Yoplait)
1 cup blueberries, fresh
1 cup non-fat milk

Put all ingredients into blender.
Blend until smoothie consistency is reached! 1/2 cup frozen blueberries
may be added to make it thicker.

Nutritional Information:
Serves 2, per serving:
Fat: 0 g
Calories: about 128

CARROT SMOOTHIE

2 cups carrot juice
1/2 cup apple juice
6 oz. non-fat vanilla or plain yogurt, frozen
1 banana

Put all ingredients into blender.
Blend until smoothie consistency is reached!

Nutritional Information:
Serves 2, per serving:
Fat: .5 g
Calories: about 235

CHOCOLATE BANANA SMOOTHIE

6 oz. SnackWell's Chocolate Cherry Non-Fat Yogurt
1/4 cup skim milk
1 banana
3 large ice cubes

Put all ingredients into blender.
Blend until smoothie consistency is reached!

Nutritional Information:
Serves 1, per serving:
Fat: .5 g
Calories: about 315

KIWI STRAWBERRY

3 peeled kiwi
1 cup frozen banana slices
3/4 cup pineapple juice
1/2 cup frozen strawberries

Put all ingredients into blender.
Blend until smoothie consistency is reached!

Nutritional Information:
Serves 1, per serving:
Fat: .2 g
Calories: about 200

MACHO POWER SHAKE

1 cup nonfat soy milk (such as Healthy Valley Soy Moo)
1/2 cup orange juice
1 banana
1/2 cup cantaloupe
1 T. peanut butter
1/2 cup strawberries, fresh or frozen (without sugar)

Put all ingredients into blender.
Blend well until smoothie consistency is reached!

Nutritional Information:
Serves 2, per serving:
Fat: 5
Calories: 205

MELON MADNESS SMOOTHIE

1 cup of peach fat-free yogurt, frozen
1 cup skim milk
1/2 cup cantaloupe
1/2 cup honey dew melon
4 ice cubes
1/2 cup strawberries (or substitute with watermelon)

Put yogurt, milk, and strawberries into blender. Blend on high for about 30-45 seconds. Then add in cantaloupe, melon, and ice. Blend once again on high for 1 minute.

Nutritional Information:
Serves 2, per serving:
Fat: 0
Calories: 190

PAPAYA NECTARINE SMOOTHIE

1 cup Crystal Light or any other sugar-free lemonade
6 oz. fat free peach yogurt, frozen
1 nectarine, pitted and unpeeled
1 cup papaya, seeded and peeled

Put all ingredients into blender.
Blend until smoothie consistency is reached!

Nutritional Information:
Serves 2, per serving:
Fat: 0 g
Calories: 120

PAPAYA RASPBERRY SMOOTHIE

1 frozen banana, peeled
1/2 fresh papaya
10-12 raspberries (fresh or frozen)
1/2 cup water or fruit juice

Put all ingredients into blender.
Blend until smoothie consistency is reached!

Nutritional Information:
Serves 2, per serving:
Fat: .5 g
Calories: about 130 (more with juice)

PINEAPPLE BERRY CRASH

1 cup orange juice
1/4 cup pineapple juice
2 pineapple rings (Dole pineapple slices)
6 fresh strawberries
12-15 frozen raspberries
8-10 frozen boysenberries
12-15 frozen blueberries
3 oz. non-fat yogurt, any flavor (about half a container of Yoplait)
Ice (however much you prefer for consistency)

Put all ingredients into blender.
Blend until smoothie consistency is reached!

Nutritional Information:
Serves 1, per serving:
Fat: 0 g
Calories: about 185

PINE-ORANGE-BANANA SMOOTHIE

1 banana
6 oz. light (reduced sugar) fat-free peach yogurt, frozen
(This is one container of Yoplait)
6 oz. (1 can) Dole Pine-Orange-Banana juice

Put all ingredients into blender.
Blend until smoothie consistency is reached! If drink is too thick, add orange juice.

Nutritional Information:
Serves 2, per serving:
Fat: .5 g
Calories: about 143 (the banana is high in calories, about 105)

STRAWBERRY SMOOTHIE

5 large strawberries
6 oz. light (reduced sugar) fat-free strawberry yogurt, frozen
(This is one container of Yoplait)
4 oz. Crystal Light or other sugar-free lemonade

Put all ingredients into blender.
Blend until smoothie consistency is reached!

Nutritional Information:
Serves 2, per serving:
Fat: 0 g
Calories: about 70

STRAWBERRY BANANA SMOOTHIE

1 banana
4 strawberries
1/2 cup skim milk
1/2 cup apple juice

Put all ingredients into blender.
Blend until smoothie consistency is reached!

Nutritional Information:
Serves 2, per serving:
Fat: .5 g
Calories: about 126 (the banana is high in calories, about 105)

STRAWBERRY PINEAPPLE PARADISE

3/4 bag frozen unsweetened whole strawberries
4 cups Dole pineapple juice
1 cup orange juice (fresh-squeezed or Tropicana Pure Premium recommended)

1 1/2 cups lowfat vanilla yogurt, frozen

Put all ingredients into blender.

Blend well, stopping to stir when necessary, until smoothie consistency is reached!

Nutritional Information:

Serves 4, per serving:

Fat: 6

Calories: 270

TANGY SUMMER BLEND SMOOTHIE

1 nectarine

6 oz. light (reduced sugar) fat-free peach yogurt, frozen
(This is one container of Yoplait)

1/2 c. Dole Pine-Orange-Guava juice (comes in a carton)

1/2 c. Crystal Light or other sugar-free lemonade

Put all ingredients into blender.

Blend until smoothie consistency is reached!

Nutritional Information:

Serves 2, per serving:

Fat: 0 g

Calories: about 110

TROPICAL TOFU BERRY SMOOTHIE

1 cup light (reduced sugar) fat-free vanilla yogurt

1 cup skim milk

1 banana

3" cube of soft tofu

3/4 cup blueberries

1 cup strawberries

Put yogurt, milk, banana, and tofu into blender and blend until smooth.

Add berries and blend again until smoothie consistency is reached.

Nutritional Information:

Serves 2, per serving:

Fat: 3 grams

Calories: 290

PISTACHIO BANANA GULP

1 container plain nonfat yogurt

2-3 oz pistachio instant pudding mix

1 ripe banana

1/4 c skim milk

handful or more of crushed ice

Put all ingredients into blender.

Blend until smoothie consistency is reached!

Nutritional Information:
Serves 2, per serving:
Fat: 1 g
Calories: about 200

PEACHES & DREAMS SMOOTHIE

10 oz of apple cider
3-5 slices of peach
4 large strawberries
1 banana
1/8 tsp of cinnamon

Put all ingredients into blender.
Blend well until smoothie consistency is reached!

Nutritional Information:
Serves 2, per serving:
Fat: .5
Calories: 160

PINA COLADA SMOOTHIE

1 6oz container nonfat coconut yogurt (frozen)
1/2 banana (frozen)
1/2 of a 20 oz can crushed pineapple
1 c. nonfat milk

Put all ingredients into blender.
Blend well until smoothie consistency is reached!

Nutritional Information:
Serves 2, per serving:
Fat: .5
Calories: 185

CHOCOLATE PEANUT BUTTER BANANA

1 banana
2 Tbs. Peanut Butter (chunky or smooth... whatever you prefer!)
1-2 squirts of Hershey's reduced calorie chocolate syrup
1 Tbs. wheat germ
6 oz. soy milk

Put all ingredients into blender.
Blend well until smoothie consistency is reached!

Nutritional Information:
Serves 2, per serving:
Fat: 5
Calories: about 170

BLACK N' BLUE SMOOTHIE

1/4 cup blueberries
1/4 cup blackberries
1 banana
1/2 cup apple juice
1/3 cup raspberry sorbet

Put all ingredients into blender.
Blend until smoothie consistency is reached!

Nutritional Information:
Serves 2, per serving:
Fat: .5 g
Calories: about 150

APPLE PEACH SMOOTHIE

1 fresh peach
1/3 cup non-fat milk
1/4 cup of frozen apple juice concentrate

Peel 1 fresh peach. Cut it into thin slices. Put into a plastic bag with a zipper bag, laying flat. Put the plastic bag into the freezer for 1-2 hours. Take out 1/4 of the peaches and break them into pieces. Mix in a blender with 1/3 cup of milk and 1/4 cup of frozen apple juice concentrate. Cover and blend until smooth. pour into a glass, and add more peach slices for peachy ice cubes!

Nutritional Information:
Serves 2, per serving:
Fat: 0 g
Calories: unknown

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